

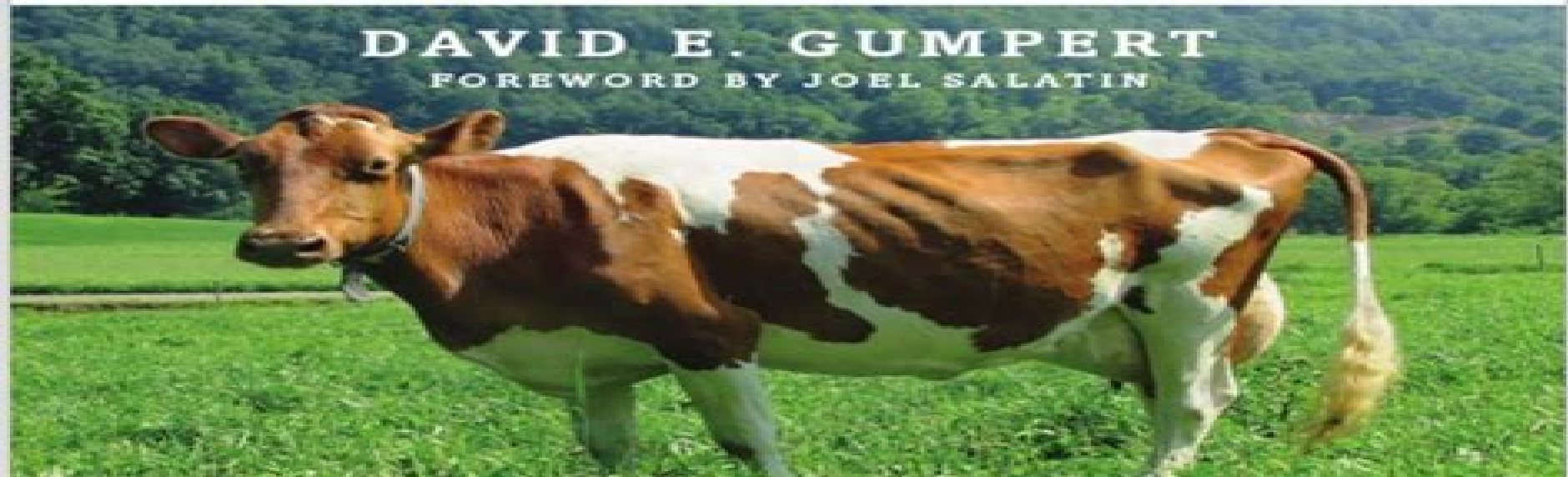


THE RAW MILK REVOLUTION

Behind America's Emerging
Battle Over Food Rights

DAVID E. GUMPERT

FOREWORD BY JOEL SALATIN



The Raw Milk Revolution The Raw Milk Revolution

Gianaclis Caldwell



The Raw Milk Revolution The Raw Milk Revolution:

The Raw Milk Revolution David E. Gumpert, 2009 Beginning in 2006 the agriculture departments of several large states with backing from the U S Food and Drug Administration launched a major crackdown on small dairies producing raw milk Replete with undercover agents sting operations surprise raids questionable test lab results mysterious illnesses propaganda blitzes and grand jury investigations the crackdown was designed to disrupt the supply of unpasteurized milk to growing legions of consumers demanding healthier and more flavorful food The Raw Milk Revolution takes readers behind the scenes of the government s tough and occasionally brutal intimidation tactics as seen through the eyes of milk producers government regulators scientists prosecutors and consumers It is a disturbing story involving marginally legal police tactics and investigation techniques with young children used as political pawns in a highly charged atmosphere of fear and retribution Are regulators claims that raw milk poses a public health threat legitimate That turns out to be a matter of considerable debate In assessing the threat The Raw Milk Revolution reveals that the government s campaign ostensibly designed to protect consumers from pathogens like salmonella E coli 0157 H7 and listeria was based in a number of cases on suspect laboratory findings and illnesses attributed to raw milk that could well have had other causes including in some cases pasteurized milk David Gumpert dares to ask whether regulators have the public s interest in mind or the economic interests of dairy conglomerates He assesses how the government s anti raw milk campaign fits into a troublesome pattern of expanding government efforts to sanitize the food supply even in the face of ever increasing rates of chronic disease like asthma diabetes and allergies The Raw Milk Revolution provides an unsettling view of the future in which nutritionally dense foods may be available largely through underground channels

The Raw Milk Revolution David E. Gumpert, 2009-11-06 Beginning in 2006 the agriculture departments of several large states with backing from the U S Food and Drug Administration launched a major crackdown on small dairies producing raw milk Replete with undercover agents sting operations surprise raids questionable test lab results mysterious illnesses propaganda blitzes and grand jury investigations the crackdown was designed to disrupt the supply of unpasteurized milk to growing legions of consumers demanding healthier and more flavorful food The Raw Milk Revolution takes readers behind the scenes of the government s tough and occasionally brutal intimidation tactics as seen through the eyes of milk producers government regulators scientists prosecutors and consumers It is a disturbing story involving marginally legal police tactics and investigation techniques with young children used as political pawns in a highly charged atmosphere of fear and retribution Are regulators claims that raw milk poses a public health threat legitimate That turns out to be a matter of considerable debate In assessing the threat The Raw Milk Revolution reveals that the government s campaign ostensibly designed to protect consumers from pathogens like salmonella E coli 0157 H7 and listeria was based in a number of cases on suspect laboratory findings and illnesses attributed to raw milk that could well have had other causes including in some cases pasteurized milk David Gumpert dares to ask

whether regulators have the public's interest in mind or the economic interests of dairy conglomerates. He assesses how the government's anti raw milk campaign fits into a troublesome pattern of expanding government efforts to sanitize the food supply even in the face of ever increasing rates of chronic disease like asthma, diabetes and allergies. The Raw Milk Revolution provides an unsettling view of the future in which nutritionally dense foods may be available largely through underground channels.

The Raw Milk Answer Book David E. Gumpert, 2015-03-02 The Raw Milk Answer Book raises the most difficult questions surrounding our most controversial food about the risk of getting seriously ill, whether it should be fed to children, the credibility of European research indicating raw milk has important healing powers, and answers them in calm, non-ideological terms understandable to beginners and experienced drinkers alike. It is an engaging conversation unblinking in its focus on real world data, unafraid to take issue with wild claims on either side of the raw milk controversy. Obviously, both sides can't be correct. What is the real story? The Raw Milk Answer Book provides the real story by answering more than 200 of the most common questions that come up about raw milk. From publisher description.

Pure and Modern Milk Kendra Smith-Howard, 2017 A close look at milk and its history as a pure and modern consumer product in American culture.

Making Supper Safe Ben Hewitt, 2011-06-07 Food recalls have become so ubiquitous we hardly even notice them. The massive peanut salmonella contamination of 2008-2009 alone killed nine and sickened an estimated 22,500 people. Only a few weeks later, contaminated frozen cookie dough sent 35 people to the hospital. These tragic, inexcusable events to which no one is immune are but a symptom of a broader food system malaise. In *Making Supper Safe*, Ben Hewitt exposes the vulnerabilities inherent to the US food industry where the majority of our processing facilities are inspected only once every seven years and where government agencies lack the necessary resources to act on early warning signs. The most dangerous aspect of our food system isn't just its potential to make us acutely ill, but the ever-expanding distance between us and our sources of nourishment. Hewitt introduces a vibrant cast of characters and revolutionaries who are reinventing how we grow, process, package, distribute and protect our food, and even how we protect ourselves. He takes readers inside a food contamination trace back investigation, goes dumpster diving, and talks to lawyers, policy makers, and families who have been affected by contaminated food. *Making Supper Safe* explains why we should worry, but it is also a quest to understand how we can learn to trust our food again.

The Oxford Encyclopedia of Food and Drink in America Andrew Smith, 2013-01-31 Home cooks and gourmets, chefs and restaurateurs, epicures and simple food lovers of all stripes will delight in this smorgasbord of the history and culture of food and drink. Professor of Culinary History, Andrew Smith and nearly 200 authors bring together in 770 entries the scholarship on wide-ranging topics from airline and funeral food to fad diets and fast food drinks like lemonade, Kool-Aid, and Tang; foodstuffs like Jell-O, Twinkies, and Spam; and Dagwood, hoagie, and Sloppy Joe sandwiches.

Life, Liberty, and the Pursuit of Food Rights David E. Gumpert, 2013-06-05 Do Americans have the right to privately obtain the foods of our choice from farmers, neighbors, and local producers in the same way our grandparents and

great grandparents used to do Yes say a growing number of people increasingly afraid that the mass produced food sold at supermarkets is excessively processed tainted with antibiotic residues and hormones and lacking in important nutrients These people a million or more are seeking foods outside the regulatory system like raw milk custom slaughtered beef and pastured eggs from chickens raised without soy purchased directly from private membership only food clubs that contract with Amish and other farmers Public health and agriculture regulators however say no Americans have no inherent right to eat what they want In today s ever more dangerous food safety environment they argue all food no matter the source must be closely regulated and even barred if it fails to meet certain standards These regulators headed up by the U S Food and Drug Administration with help from state agriculture departments police and district attorney detectives are mounting intense and sophisticated investigative campaigns against farms and food clubs supplying privately exchanged food even handcuffing and hauling off to jail under threat of lengthy prison terms those deemed in violation of food laws Life Liberty and the Pursuit of Food Rights takes readers on a disturbing cross country journey from Maine to California through a netherworld of Amish farmers paying big fees to questionable advisers to avoid the quagmire of America s legal system secret food police lurking in vans at farmers markets cultish activists preaching the benefits of pathogens U S Justice Department lawyers clashing with local sheriffs small Maine towns passing ordinances to ban regulation and suburban moms worried enough about the dangers of supermarket food that they ll risk fines and jail to feed their children unprocessed and unregulated foods of their choosing Out of the intensity of this unprecedented crackdown and the creative and spirited opposition that is rising to meet it a new rallying cry for food rights is emerging

The Small-Scale Dairy Gianaclis Caldwell, 2014-03-13 Caldwell offers readers a balanced perspective on the current regulatory environment in which raw milk lovers find themselves Keepers of cows goats or sheep will benefit from information on designing a well functioning small dairy choosing equipment and understanding myriad processes including details about the business of making milk managing the farm to create superior milk understanding the microbiology of milk and risk reduction plans to have in place prior to selling raw milk

The Science of Skinny Dee McCaffrey, 2024-09-24 A chemist and nutrition educator offers a practical scientifically based new paradigm to a slimmer trimmer and healthier you Ann Louise Gittleman New York Times bestselling author of The Fat Flush Plan With scientific research her own chemistry background and the traditional diets of our not so distant ancestors as her guide Dee McCaffrey casts new light on an age old wisdom Eating foods in their closest to natural form is the true path to sustained weight loss and in fact the remedy for almost any health problem We are so far removed from foods in their natural state that we now call them health foods a sad admission that we ve compromised our health for the sake of convenience The Science of Skinny aims to create a space for change to educate and enlighten readers on the value of proper nutrition so that they can find a healthier and more life affirming relationship with their bodies and the food they eat Offering serial dieters a healthy and lifelong way to shed pounds and keep them off The Science of Skinny includes kick start plans guidelines for

family and kid friendly meals quick and delicious menus and more than fifty recipes shopping lists and eating on the go tips easy fitness routines and more Compelling McCaffrey's passion and her personal story are so inspiring that her anti dieting pro natural foods book is worth a look Booklist Sample menus recipes and tips on how to avoid processed foods make this a helpful lifestyle guide Kirkus Reviews Elementary Food Science Richard Owusu-Apenten, Ernest R. Vieira, 2022-05-28 Following the success of the popular introductory text Elementary Food Science 5th edition covers a broad range of food science topics organized in four parts Part 1 Interrelated food science topics Part 2 Food safety GMP is described independently and as a prerequisite for HACCP VACCP and TACCP food safety management systems Part 3 contains two new chapters dealing with basic aspects of food processing and the quality of dried foods Part 4 covers handling and processing major food commodity groups meat dairy products poultry and eggs fish and shellfish cereal grains bakery products fruits and vegetables sugar confectionery A new final chapter covers the foodservice industry The text highlights food science links with industry uniquely using the North American Industry Classification System NAICS Overall the book is thoroughly modernized with over 1500 references cited in recognition of thousands of named food scientists and other professionals The target readership remain unchanged for the current edition i.e. Students of food science from senior high school colleges or universities Sections of the book will also appeal to advanced readers from other disciplines with perhaps little or no prior food science experience Additionally readers covering the intersection of food science with culinary arts food services and nutrition or public health will find the book useful

The A-Z Encyclopedia of Food Controversies and the Law Elizabeth M. Williams, Stephanie Jane Carter, 2010-12-22 This two volume set is a broad compendium of the law policies and legal influences that affect the food on our plates today As food increasingly impacts our health and our wallets we need to understand the enormous effect of law both U.S. law and international regulations on the safety and availability of the food we eat The A-Z Encyclopedia of Food Controversies and the Law was compiled to help readers do just that The most comprehensive work covering food and law the encyclopedia surveys laws related to organics obesity and fair trade It tackles the intersection of law and religious belief for example with kosher and halal foods as well as controversies over labeling practices and consumer protection in general And it looks at the relationship of class to food exposing poor urban areas that possess few sources of fresh food so that residents are forced to rely on convenience stores and fast food for nutrition As background the set also presents a basic history of food related law to show us how we got where we are

Talking Milk Pasquale De Marco, 2025-03-08 Embark on a captivating journey into the world of milk a liquid that has nourished and sustained humanity for millennia Talking Milk unravels the rich history vielfältig applications and profound impact of milk on our lives From its humble origins as a nourishment for calves to its transformation into a global commodity milk has played a central role in our cultural economic and nutritional tapestry This comprehensive exploration delves into the history of dairy farming tracing its evolution from ancient practices to modern industrial systems Discover the intricate composition of milk

revealing the remarkable array of nutrients that make it a nutritional powerhouse We examine milk's contributions to strong bones heart health and overall well being exploring the vielfltig connections between milk and human health Beyond its nutritional value milk has woven itself into the fabric of our societies Uncover the cultural significance of milk in various traditions from its role in religious rituals to its depiction in art and literature Investigate the controversies surrounding milk production addressing concerns about animal welfare environmental impact and ethical considerations Peer into the future of milk considering the rise of alternative milks the potential of biotechnology and the ongoing pursuit of sustainable milk production Ponder the question will milk as we know it continue to be a staple in our diets or will it be replaced by innovative alternatives Talking Milk is an enlightening journey that celebrates the vielfltig aspects of milk It is a must read for anyone interested in food culture history and the profound impact of this remarkable liquid on our world If you like this book write a review

Spoiled Anne Mendelson, 2023-04-25 Why is cows milk which few nonwhite people can digest promoted as a science backed dietary necessity in countries where the majority of the population is lactose intolerant Why are gigantic new dairy farms permitted to deplete the sparse water resources of desert ecosystems Why do thousands of U S dairy farmers every year give up after struggling to recoup production costs against plummeting wholesale prices Exploring these questions and many more Spoiled is an unflinching and meticulous critique of the glorification of fluid milk and its alleged universal benefits Anne Mendelson's groundbreaking book chronicles the story of milk from the Stone Age peoples who first domesticated cows goats and sheep to today's troubled dairy industry Spoiled shows that drinking fresh milk was rare until Western scientific experts who were unaware of genetic differences in the ability to digest lactose deemed it superior to traditional fermented dairy products Their flawed beliefs fueled the growth of a massive and environmentally devastating industry that turned milk into a cheap ubiquitous commodity Mendelson's wide ranging account also examines the consequences of homogenization and refrigeration technologies the toll that modern farming takes on dairy cows and changing perceptions of raw milk since the advent of pasteurization Unraveling the myths and misconceptions that prop up the dairy industry Spoiled calls for more sustainable healthful futures in our relationship with milk and the animals that provide it

Super Nutrition for Babies, Revised Edition Katherine Erlich, Kelly Genzlinger, 2018-10-16 Freshly revised and updated to include incredible full color photography Super Nutrition for Babies Revised Edition features new recipes and the latest nutritional recommendations Nutrition and proper feeding are critical in a baby's formative first months and years However many traditional feeding recommendations and convenience focused baby foods are created based on convention rather than fostering optimal health and nutrition for infants Filled with sugar preservatives and chemically refined ingredients these conventional baby foods make children vulnerable to illnesses and developmental difficulties now and later in life The revised version of Super Nutrition for Babies gives parents the latest science verified nutritional recommendations for feeding their child Based on the recommendations of nutrition pioneer Dr Weston A Price and traditional food principles

Super Nutrition for Babies Revised Edition provides you with information on all aspects of nutrition and feeding including when to introduce meat in a child's diet healthier alternatives to dairy and soy and introducing solid foods You'll also get a comprehensive tutorial on establishing a regular eating schedule dealing with picky eating and the best foods for every age and stage Super Nutrition for Babies Revised Edition is everything you need to give your baby the best nutrition to minimize illness improve sleep and optimize brain development

The Art of Natural Cheesemaking David Asher, 2015-06-30
Including more than 35 step by step recipes from the Black Sheep School of Cheesemaking Most DIY cheesemaking books are hard to follow complicated and confusing and call for the use of packaged freeze dried cultures chemical additives and expensive cheesemaking equipment For though bread baking has its sourdough brewing its lambic ales and pickling its wild fermentation standard Western cheesemaking practice today is decidedly unnatural In The Art of Natural Cheesemaking David Asher practices and preaches a traditional but increasingly countercultural way of making cheese one that is natural and intuitive grounded in ecological principles and biological science This book encourages home and small scale commercial cheesemakers to take a different approach by showing them How to source good milk including raw milk How to keep their own bacterial starter cultures and fungal ripening cultures How make their own rennet and how to make good cheese without it How to avoid the use of plastic equipment and chemical additives and How to use appropriate technologies Introductory chapters explore and explain the basic elements of cheese milk cultures rennet salt tools and the cheese cave The fourteen chapters that follow each examine a particular class of cheese from kefir and paneer to washed rind and alpine styles offering specific recipes and handling advice The techniques presented are direct and thorough fully illustrated with hand drawn diagrams and triptych photos that show the transformation of cheeses in a comparative and dynamic fashion The Art of Natural Cheesemaking is the first cheesemaking book to take a political stance against Big Dairy and to criticize both standard industrial and artisanal cheesemaking practices It promotes the use of ethical animal rennet and protests the use of laboratory grown freeze dried cultures It also explores how GMO technology is creeping into our cheese and the steps we can take to stop it This book sounds a clarion call to cheesemakers to adopt more natural sustainable practices It may well change the way we look at cheese and how we make it ourselves

The SAGE Encyclopedia of Food Issues Ken Albala, 2015
The SAGE Encyclopedia of Food Issues explores the topic of food across multiple disciplines within the social sciences and related areas including business consumerism marketing and environmentalism In contrast to the existing reference works on the topic of food that tend to fall into the categories of cultural perspectives this carefully balanced academic encyclopedia focuses on social and policy aspects of food production safety regulation labeling marketing distribution and consumption A sampling of general topic areas covered includes Agriculture Labor Food Processing Marketing and Advertising Trade and Distribution Retail and Shopping Consumption Food Ideologies Food in Popular Media Food Safety Environment Health Government Policy and Hunger and Poverty This encyclopedia introduces students to the fascinating

and at times contentious and ever so vital field involving food issues

The Case against Fluoride Paul Connett, James Beck, Spedding Micklem, 2010-10-07 National Health Information Award At once painstakingly documented and also highly readable *The Case Against Fluoride* brings new research to light it explores the poor science bizarre tactics biased reviews and puzzling motivations of a relatively small number of influential people who continue to push this practice on a largely ill informed public American Academy of Environmental Medicine Newsletter When the U S Public Health Service endorsed water fluoridation in 1950 there was little evidence of its safety Now six decades later and after most countries have rejected the practice more than 70 percent of Americans as well as 200 million people worldwide are drinking fluoridated water The Center for Disease Control and the American Dental Association continue to promote it and even mandatory statewide water fluoridation despite increasing evidence that it is not only unnecessary but potentially hazardous to human health In this timely and important book Dr Paul Connett Dr James Beck and Dr H Spedding Micklem take a new look at the science behind water fluoridation and argue that just because the dental and medical establishments endorse a public health measure doesn't mean it's safe In the case of water fluoridation the chemicals that go into the drinking water that more than 180 million people drink each day are not even pharmaceutical grade but rather a hazardous waste product of the phosphate fertilizer industry It is illegal to dump this waste into the sea or local surface water and yet it is allowed in our drinking water To make matters worse this program receives no oversight from the Food and Drug Administration and the Environmental Protection Agency takes no responsibility for the practice And from an ethical standpoint say the authors water fluoridation is a bad medical practice individuals are being forced to take medication without their informed consent there is no control over the dose and no monitoring of possible side effects Alfred North Whitehead said the scientific method means leaving options open for revision An ancient Roman adage says that whatever touches all must be approved by all These characterizations of science and democracy are the reasons for reading this book Especially if you and your family are drinking administratively mandated fluoridated water Ralph Nader

How Canadians Communicate VI Charlene Elliott, 2016-03-31 Food nourishes the body but our relationship with food extends far beyond our need for survival Food choices not only express our personal tastes but also communicate a range of beliefs values affiliations and aspirations sometimes to the exclusion of others In the media sphere the enormous amount of food related advice provided by government agencies advocacy groups diet books and so on compete with efforts on the part of the food industry to sell their product and to respond to a consumer driven desire for convenience As a result the topic of food has grown fraught engendering sometimes acrimonious debates about what we should eat and why By examining topics such as the values embedded in food marketing the locavore movement food tourism dinner parties food bank donations the moral panic surrounding obesity food crises and fears about food safety the contributors to this volume paint a rich and sometimes unsettling portrait of how food is represented regulated and consumed in Canada With chapters from leading scholars such as Ken Albala Harvey Levenstein Stephen Kline

and Valerie Tarasuk the volume also includes contributions from food insiders bestselling cookbook author and food editor Elizabeth Baird and veteran restaurant reviewer John Gilchrist The result is a timely and thought provoking look at food as a system of communication through which Canadians articulate cultural identity personal values and social distinction Contributors include Ken Albala Elizabeth Baird Jacqueline Botterill Rebecca Carruthers Den Hoed Catherine Carstairs Nathalie Cooke Pierre Desrochers Josh Greenberg Stephen Kline Jordan Lebel Harvey Levenstein Wayne McCready Irina Mihalache Eric Pateman Rod Phillips Sheilagh Quaile Melanie Rock Paige Schell and Valerie Tarasuk

Super Nutrition for Babies Katherine Erlich, Kelly Genzlinger, Kathy Erlich, 2012-03 A wonderful guide for getting babies off to the right start and helping them enjoy the gift of health for life Sally Fallon Morell President Weston A Price Foundation A clear practical and nontrendy guide for parents on how to best feed babies and toddlers backed by common sense ancestral wisdom and sound science Kaayla T Daniel Ph D C C N Vice President Weston A Price Foundation and author of The Whole Soy Story The Dark Side of America's Favorite Health Food Super Nutrition for Babies is something that every expectant and new mother and father should read This book is a rare treasure Natasha Campbell McBride M D author of Gut and Psychology Syndrome A grand reference book that can be used for many years of a child's life Nancy Appleton Ph D best selling author of Healthy Bones and Lick the Sugar Habit There is a better way to feed your baby Super Nutrition for Babies gives parents the latest science verified nutritional recommendations for feeding their child Based on a program used at one of the largest holistic practices in the country this book provides information on all aspects of nutrition and feeding including introducing meat in a child's diet healthier alternatives to dairy and soy starting solid foods establishing a regular eating schedule dealing with picky eating and the best foods for every age and stage so your baby gets the best nutrition to minimize illness and optimize sleep digestion behavior and brain development

The Art of Fermentation Sandor Ellix Katz, 2012-05-14 Katz presents the concepts and processes behind fermentation in ways that are simple enough to guide a reader through their first experience making sauerkraut or yogurt and in depth enough to provide greater understanding and insight for experienced practitioners

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